

**Progress Commanding Test using CKC Assembly & Commanding Vessel-Based Automatic Booster Control System • Off-Duty Day**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	CDR	PLANTS-2. Payload status check
07:40-10:40		Weekly station cleaning
10:40-11:40	FE-1	Physical exercise (TVIS)
10:40-11:40	CDR	Physical exercise (VELO + HC-1, day 3)
12:30-12:35	FE-1	IMS auto import/export
12:35-13:35		LUNCH
13:35-14:05		Weekly planning conference ( <i>S-band</i> )
14:20-14:40		Weekly Program Management/ISS Crew Conference ( <i>S-band</i> )
15:05-15:20	CDR	Private medical conference ( <i>YKB</i> )
16:30-17:10		COX maintenance
16:55-18:25	FE-1	Physical exercise (RED)
17:10-18:40	CDR	Physical exercise (TVIS, day 3)
18:25-18:55	FE-1	TVIS/RED data transfer to MEC
18:55-19:15		Transfer files from HRM to MEC
19:15-19:30		HRM file deletion
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.**Task List:** CDR: RUBINAR. Find and check out equipment

End of radiogram